



'WOMEN WILL LIKE IT'
JIM SHERIDAN ON
HIS THRILLER
DREAM HOUSE {page 8}



PANTY PATTER

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LONDON

metro

Tuesday, September 27, 2011
www.metronews.ca



News worth sharing.

ANGELA MULLINS/METRO



'Shame on you'

► More than 100 people, many of them H.B. Beal Secondary School students, led a march through downtown yesterday to protest police use of a stun gun on a 17-year-old Beal student during a fight Thursday ► Students are calling the action 'police brutality' {page 2}

► Masha Sultan, 18, a student at H.B. Beal Secondary School, yells at police officers yesterday outside the London Police Service headquarters on Dundas Street.

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news



The showdown that will be today's televised party-leaders debate could prove to be the tipping point in the election campaign. Scan code for story.

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On the web at metronews.ca



Africans mourn Wangari Maathai, the continent's first female Nobel peace laureate. Video at metronews.ca/world

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Anti-police protesters fill downtown streets

- ▶ Many protesters identified themselves as Beal high school students
- ▶ Marchers got support from many passing motorists, pedestrians



► Jaz Bennett, 17, a Grade 12 student at H.B. Beal Secondary School, centre, holds the bullhorn he used to talk to police yesterday during a protest outside the London Police Service headquarters on Dundas Street. Students from Beal organized the protest, which took them through downtown and included a stop at city hall, to speak out about a Thursday incident during which police used a stun gun to subdue Bennett during a fight.

 **ANGELA MULLINS**
@METRONEWS.CA

About 100 people took to downtown streets yesterday to protest what they dubbed "police brutality" against 17-year-old Jaz Bennett.

Bennett, a Grade 12 student at H.B. Beal Secondary School, said he was shocked by a stun gun as police broke up a fight Thursday near the school. He walked along with the protesters, at times trailing several blocks behind and holding his chest where one of the Taser prongs entered to his body.

"I got jumped. I was defending myself," he said

about last week's fight, which resulted in assault with a weapon charges against him. "I felt relieved to see the officers (arrive on scene)."

The stun-gun use, he said, was "completely wrong."

The roving protest lasted several hours, making its way from Beal high school to police headquarters — Dundas and Adelaide streets — before heading west to the downtown core and northeast to city hall. The number of participants began to wane as the group circled back east through downtown, but the marchers snarled traffic at several intersections.

Some of the more tense moments came early on as the mob stopped in front of the police station. There, three police officers lined the front steps and others stood guard nearby.

Several people were warned that stepping off the sidewalk and onto the steps constituted trespassing. Many responded by yelling obscenities at the officers as someone on a bullhorn demanded they defend their actions.

The officers stood stone-faced as pig squeals were blasted over a loud speaker and the crowd chanted "Shame on you," "Stop the police" and "F-k the police." Police officials did not respond to a request

for comment later in the day. They said last week the use of force was justified.

A Thames Valley District School Board official also did not respond to a request for comment.

Maha Sultan, 18, a student at Beal, was among the most outspoken.

The crowd became raucous as she waved her arms, danced and yelled inches from the officers' faces.

Speaking later, Sultan said police use their power to take advantage of people.

"I'm fighting for them," she said of Bennett and others whom she considers "victims" of police.

Finding fault with protesters

Not everyone was stirred to action by yesterday's

police protest.

That included some of the people participating. Wesley Demmerling, 17, a Grade 12 student at H.B. Beal Secondary School, thought the group got a little too rowdy at

times and lost its focus. He was especially worried after he said someone jumped on a car outside city hall. "I'm not 100 per cent happy about the way this is going down," Wesley said.

"We're just here to make our voices heard."

Others on downtown streets yelled at the protesters, saying, "Show some respect" and "Grow up" as they walked by.

ANGELA MULLINS

City to host kickboxing competition

World championship kickboxing comes to town Saturday night as the London Convention Centre hosts Showdown in the Downtown.

In the International Kingboxing Federation middleweight championship, Burlington's Muzammal Nawaz, 42, defends his title against 31-year-old Shannon (The Cannon) Hudson of Lyman, S.C.

London's Brad Fowler, 40, will put his super-welterweight belt on the line against 39-year-old Mike Morello of Santa Barbara, Calif.

The action is slated to begin at 5:30 p.m.

METRO

Tickets

► For tickets and more information, visit showdowninthedowntown.com.

Middlesex touts event devoted to nursing

In advance of world breastfeeding week, the Middlesex-London Health Unit is encouraging breastfeeding mothers and their families and supporters to attend an event at Covent Garden Market on Saturday from 9:30 to 11:30 a.m.

The event will feature a breastfeeding tent, children's activities, light refreshments, giveaways and door prizes.

Veteran to speak about his life

Cpl. Mark Fuchko will address the Canadian Club of London on Thursday, sharing his experiences as a veteran of the Canadian Armed Forces. Tickets can be purchased at canadiancluboflondon.ca.

METRO

New strategy will make roads safer: City

► Project would include looking at deaths, injuries on area roads ► Cost of accidents would also be analyzed



ANGELA
MULLINS
@METRONEWS.CA

City administrators are looking for city council's blessing to spend \$200,000 to make streets safer for drivers, pedestrians and cyclists.

The money would pay for a consultant to crunch data about accidents in the city. From that data, city officials will be able to decide what kind of traffic controls — like cameras on red lights or adjusting speed limits — and education programs could make roads less dangerous.

Officials started discussing the issue after the city council heard traffic concerns from the public, said John Lucas, acting director of roads and transportation.

"We have to look at the numbers and find out what ... the major issues (are) and figure out how to address them," Lucas said.

Strategy partners

- Middlesex-London Health Unit
- London Health Sciences Centre
- Ontario Provincial Police
- London Police Services
- Ministry of Transportation
- Young Drivers of Canada
- 3M

Dubbed the London Road Safety Strategy, several groups — many of which have their own accident data and safety programs — will partner with the city on the effort.

Overall, Lucas said, the strategy will focus on the E's: education, engineering and enforcement.

City council is expected to consider spending money for the program at its Monday meeting.

After that, councillors would have to approve hiring a consultant, Lucas said. The number crunching is expected to take about a year.



► Vehicles speed through the intersection of York and Talbot streets yesterday. City administrators are asking for the city council's blessing to spend \$200,000 on a study that would determine what kind of traffic controls would make streets safer for drivers, pedestrians and cyclists.

Police now involved in banana investigation

Officials with the JLC say they're getting closer to identifying the person responsible for throwing a banana at a black player during an NHL exhibition game in London last week.

London police also confirmed yesterday afternoon they've launched an investigation of their own.

"We did receive some information in regards to the possible subject, but it's still too early to say in the investigation to say whether it's good informa-

tion or information that's reliable," said Const. Amanda Van Doran.

Several tips were received over the weekend, along with at least two more yesterday morning.

"People have started to come forward with some information and we will be communicating that with law enforcement," said Chris Campbell, director of marketing at the John Labatt Centre.

"At this point, there are no precise details that



► Wayne Simmonds of the Philadelphia Flyers

we're going to release, but we're actively investigating this internally."

It's believed the banana was thrown from the 300 level, while Campbell said officials have identified "an area of focus."

When asked if tips received over the past several days appear to be pointing toward the same individual, Campbell said: "They would seem to be, but, again, I can't comment further."

AM980/AM980.CA

The incident

► In Thursday's NHL exhibition game between the Philadelphia Flyers and the Detroit Red Wings at the John Labatt Centre, someone threw a banana at the Flyers' Wayne Simmonds, who is black, during a shootout.

► Anyone with information is still being encouraged to call the JLC at 519-667-5700.

An intense workout for the Fight Gone Bad

Londoners who took up the Fight Gone Bad have done good: They've raised more than \$7,800 for prostate-cancer research in the city.

More than 70 people competed Sunday in an intense 17-minute workout as part of an annual worldwide fundraising event.

► METRO

Dictionaries for Grade 3 students

Grade 3 students in 17 London area schools will receive 553 free dictionaries, thanks to the Rotary

For information

hydeparkrotary.org or Sue.storie@sympatico.ca

Club of London-Hyde Park. Beginning in October, Rotarians and volunteers will start distributing the dictionaries. ► METRO

Journalist to discuss Middle East conflict

Veteran Israeli journalist and author Amira Hass will discuss the Israeli-Palestinian conflict and Palestinians' experiences

Oct. 4 at the London Public Library, 2512 Dundas St. The talk is scheduled to start at 7:30 p.m.

► METRO

Keystone protest comes to Canada

Immigration Minister Jason Kenney calls Parliament Hill protesters 'extremists' on Twitter **It's 'in our collective national interest' for Keystone pipeline to proceed, says Natural Resources Minister Joe Oliver**



More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and Indigenous Environmental Network organized the protest against the development of the tarsands and pipelines that carry Canadian oil to the U.S.

It was modelled after the Keystone XL pipeline protests outside the White House and getting arrested was part of the plan from the beginning, organizers said.

RCMP Sgt. Marc Menard said more than 100 protesters were arrested for obstructing police, but ultimately only given a provincial offence notice for trespassing.

"I'm actually missing

\$65

The protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip ties, booked and given a ticket for \$65 for trespassing.

the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline.

He said the pipeline would generate \$600 billion in economic activity.



► Blaine Cameron, who uses a wheelchair, is carried over a security fence on Parliament Hill by his fellow protesters yesterday.

Typhoon Nesat hits northern Philippines

We're having a
BLOCK PARTY
Sept 28 - 30
11 a.m. - 2 p.m.
(extended on Friday till 5 p.m.)
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daily door prizes,
enjoy free samples,
great sales
and fashion show!
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1st King & Wellington
For more details visit www.citiplazalondon.com

A powerful typhoon slammed ashore the northern Philippines early Tuesday, local time, unleashing floods, cutting power and halting work in the capital, Manila, where residents waded in waist-deep waters and strong winds toppled trees.

Authorities ordered more than 100,000 people to shelter from rains and wind gusts of up to 170

kilometres per hour. At least one person — a baby — drowned and four fishermen were reported missing.

Typhoon Nesat made landfall before dawn over eastern mountainous Isabela and Aurora provinces which face the Pacific Ocean, packing sustained winds of 140 kph, the government weather bureau said.

With its immense 650-kilometre cloud band, the typhoon threatened to foul weather across the entire main Luzon Island as it moves across the Philippines toward the South China Sea late Wednesday or early Thursday and then heads toward southern China.

A year-old baby drowned in the central island province of Cata-

anes after falling into a river, the government disaster agency reported. Four fishermen were missing while more than 50 others were rescued along eastern shores after their boats overturned in choppy seas.

In downtown Manila, residents waded in waist-deep floodwaters as waves washed over the seawall along Manila Bay.

THE ASSOCIATED PRESS

Canadians can breathe easy: WHO

A new study from the World Health Organization suggests the air quality in Canadian cities is among the best urban air in the world.

In the WHO's compila-

tion of 91 countries, only cities in Estonia and Mauritius had cleaner air than Canada. Mongolia registered the highest average pollution levels at 279.

THE CANADIAN PRESS

CBC faces federal scrutiny

The Conservatives are hauling the CBC onto the carpet this fall to explain why it is fighting the access-to-information law in the courts, part of

increased scrutiny of the public broadcaster's spending and practices by the new majority government.

The move comes at the same time the Conservative party surveys its members on whether CBC funding is good value for the taxpayer.

THE CANADIAN PRESS

Monks self-immolate

► Young men allegedly called for religious freedom and said 'Long live the Dalai Lama' before they set themselves on fire in China, says Free Tibet

Two Tibetan monks set themselves on fire yesterday in a protest over China's tight rein over Buddhist practices, a rights group said as the Chinese government reiterated it will choose the next Dalai Lama.

The London-based Free Tibet campaign said Lobsang Kalsang and Lobsang Konchok, both be-

lieved to be 18 or 19 years old, self-immolated at the Kirti Monastery in Sichuan province's Aba prefecture.

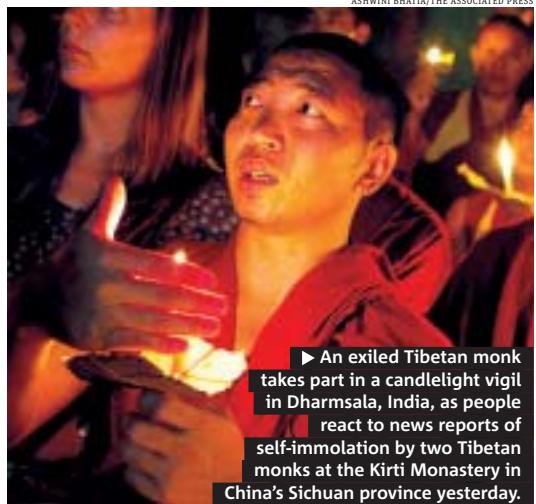
The official Xinhua News Agency said in a brief report that did not identify the monks by name that both were rescued by police, suffered slight burns and were in stable condition.

China has said that religious law requires that the reincarnation of the Dalai Lama be born in a Tibetan area under Chinese control. The Dalai Lama has said his successor could be born in exile and has even floated the idea of choosing his own successor while still alive — perhaps even a woman.

THE ASSOCIATED PRESS

Background

► China reviles the Dalai Lama as a separatist, and wants to pick a pro-Beijing successor. The Dalai Lama insists he is only seeking increased autonomy for Tibet, not independence, and opposes Beijing's involvement in selecting its leaders.



► An exiled Tibetan monk takes part in a candlelight vigil in Dharamsala, India, as people react to news reports of self-immolation by two Tibetan monks at the Kirti Monastery in China's Sichuan province yesterday.



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NEW DEAL

Netflix nails rights to DreamWorks

Netflix unveiled a coming attraction yesterday: the Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from DreamWorks, the studio

behind Shrek, Kung Fu Panda and Madagascar. But the rights don't kick in until 2013.

Complaints could escalate when Netflix loses the streaming rights to Walt Disney Co. movies and other films through a licensing deal it had with Starz Entertainment.

Still, the deal represents a badly needed coup for Netflix, which has been reeling from customer backlash due to sharp price increases and a change to its DVD-by-mail service.

THE ASSOCIATED PRESS

Lower gas prices a letdown for drivers

Gasoline prices are expected to inch a bit lower the rest of the year but not as much as motorists would hope, an energy consultant said yesterday, blaming the weaker loonie.

"The loonie has been a great buffer for the consumer as oil prices increased," said Roger McKnight, with En-Pro In-

ternational. "The opposite is happening right now."

World oil prices are set in U.S. dollars so a rising loonie against the greenback offsets part of the impact of higher crude prices. But, the latest slide in the loonie means a raw deal for consumers who buy gasoline with weaker Canadian dollars. THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			\$3.782 (+ 8.1¢)
+ 244.32 (11,707.19)	+ 0.11¢ (97.25¢ US)	+ 0.39¢ US (\$79.85 US)	Gold contracts \$1,594.80 (- \$45.00)
PRICES AS OF 5 P.M. YESTERDAY			

► A customer uses a self-serve checkout station at a Big Y supermarket in Manchester, Conn.

Self-serve shopping lanes checking out

- Trend may not die as some retailers find self-serve lanes a success
- Smartphone barcode scanning to change grocery shopping: Analysts



When Keith Wearne goes grocery shopping, checking out with a cashier is worth the extra moments, rather than risking that a self-serve machine might go awry and delay him more.

Most shoppers side with Wearne, studies show. With that in mind, some U.S. grocery-store chains are bagging the do-it-yourself option, once considered the wave of the future, for customer service.

"It's just more interactive," Wearne said. "You get someone who says hello; you get a person to talk to if there's a problem."

Big Y Foods, which has 61 locations in Connecticut and Massachusetts, recently became one of the latest to announce it was phasing out the self-serve lanes. Some other regional chains and major players, including some Albertsons, have also reduced unstaffed lanes, adding more clerks.

Market studies cited by the Arlington, Va.-based Food Marketing Institute found only 16 per cent of

Chain reaction

- Supermarket chains started introducing self-serve chains about 10 years ago.
- Self-serve lanes were touted as an easy way for shoppers to scan their own items' bar codes, bag their bounty and head on their way.
- Retailers anticipated labour savings, potentially reducing the number of cashier shifts as they encouraged shoppers to do it themselves.
- Some shoppers loved them and others were uninterested or outraged.
- A Big Y internal study found delays in its self-serve lanes caused by customer confusion over coupons and payments.
- Other problems include intentional or accidental theft, including misidentification of produce and baked goods for less-expensive items.

supermarket transactions in 2010 were done at self-checkout lanes. That's down from a high of 22 per cent three years ago.

THE ASSOCIATED PRESS

Apple fights Samsung on patents

Samsung asked a Dutch court yesterday to slap an injunction on Apple Inc. to prevent it from selling iPhones and iPad tablets in the Netherlands, saying Apple does not have licences to use 3G mobile technolo-

gy in the devices.

The legal battle is the latest round in a series of claims and counterclaims of patent breaches by the rival companies playing out in courtrooms around the world.

Samsung Electronics Co. lawyer Bas Berghuis told a civil judge that Apple "never bothered to ask about licences" before it started selling 3G-enabled iPhones

that use the Universal Mobile Telecommunications Standard (UMTS).

Apple argues that because UMTS technology has been adopted as the industry standard for mobile telecommunications, Samsung is obliged to offer licences for patents that underpin the standard on "fair, reasonable and nondiscriminatory" terms.

THE ASSOCIATED PRESS

Banks advised to supervise

Canadian financial institutions should not be complacent even though they fared better than their international peers during the financial crisis, the su-

perintendent of the agency that oversees Canada's banks warned yesterday.

"Regulatory policy-makers must also recognize that capital rules are only effective if they are accompanied by enhanced supervision," Julie Dickson, who heads the Office of the Superintendent of Financial

Institution, told the Economic Club of Canada in Toronto.

Dickson also urged Canadian banks to guard against loosening historical underwriting standards in a race to compete with other lenders as low interest rates entice customers to borrow more. THE CANADIAN PRESS

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TRANSIT CAN BE A REAL PICK-ME-UP

SHE SAYS ...

JESSICA NAPIER
METRO



I just don't see the appeal. Don't get me wrong. I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

Sitting on a bus or train gives me time to myself, time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how

much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

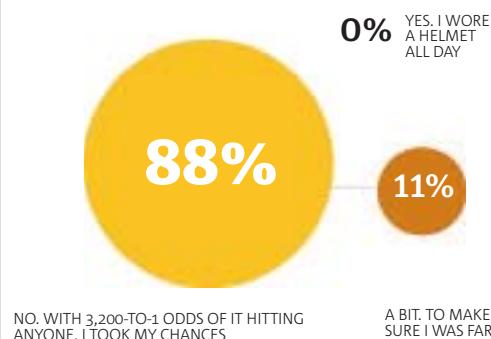
Read more of Jessica Napier's columns at metronews.ca/shesays



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Did you follow the falling satellite?



Dear community and management of the Trails End Market (London, Ont.):

The actions of Trails End Market management in London on Sept. 10 clearly demonstrate discrimination and intolerance in their most basic forms. The London HBT (homophobia-biphobia-transphobia) Working Group supports the choice of those involved to file a complaint with the Ontario Human Rights Commission against Trails End.

The language and actions used to justify the dismissal, or removal, of a small family-run business from the Trails End establishment are unethical and irresponsible.

The diversity of our community enriches the experiences of those who choose to live, love and play in our city and also those who choose to visit it. As citizens, we all have a responsibility to ensure that everyone's human rights are upheld; all individuals and groups, whether residents or visitors, should feel welcome, wanted, and safe in our community.

THE LONDON HBT
WORKING GROUP

Blind. Photog



Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains minuscule baby danio-rerio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in



► An itty-bitty fish tank

three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

● METRO WORLD NEWS

Local tweets



► @cutting_21: i think it's time to get my priorities straight, #uwo grindin'

► @MelissaMDeLuca: Glad to be back home in beautiful #ldnont! Vacation was great but there's nothing like home!

► @michelleclermon: Please #retweet my request to find folks in London Ontario #ldnont that are dealing with liver disease to contact me I want to start group!

► @DawnGosney: Dear tasered Beal Student: don't get into fistfights using

chairs w/police around if you don't want to get tasered. #ldnont #support-police

► @asecording: @FanshaweCollege Why don't we have a Welcome poster at the airport? Arrivals thinking only of #ldnont and #uwo

► @jackieprince68: Eff the police huh? Wonder what those #ldnont #bealstudents will do when they NEED the police?

► @LondonWebDev: It may be time to batten down the hatches, #LdnOnt. Looks like we're in for a bit of a blow.

2
scene



Scene in brief



Taylor Lautner received a noisy welcome at the European premiere of his latest film *Abduction*. He met fans at the British Film Institute's IMAX screen in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site. **THE ASSOCIATED PRESS**

Director up in the clouds

► Jim Sheridan tries to capture the intangible in his work ► New film *Dream House* is a psychological thriller that's a departure from his typical character drama fare



RICHARD CROUSE
SCENE@METRONEWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the *Dream House* director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and sto-

ry. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather than something that has happened, as Hitchcock said, and then I'm only shooting it."

A scheduled 10 minute interview stretches into 35

minutes as the three time Oscar nominee chats amiably about the movies he thinks will eventually become classics — "the poetic ones that don't make as much sense" — on artistic vision — "it's a product of interior emotion" — the meaning of the Kubrick film 2001 — "it's a baptism!" — and, of course, his new movie.

In *Dream House* real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England.

Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of *A Beautiful Mind* and *Shutter Island*. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in

the clouds, but he is realistic about the state of the movie business. The kind of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

DVD Releases

Buy it **Rent it** **Borrow it** **Yawn** **Don't bother**

Transformers: Dark of the Moon

Genre: Action
Director: Michael Bay
Stars: Shia LaBeouf, Rose Huntington-Whiteley, Tyrese Gibson

Picking the "best" of the three *Transformers* movies is like choosing death by firing squad, shark mauling or being crushed by one of Wile E. Coyote's giant anvils.

On reflection, I'd choose

the anvil drop, which is what the last 45 minutes of *Transformers: Dark of the Moon* feels like, as the good alien robots (Autobots) and bad alien robots (Decepticons) turn Chicago into a scrapyard.

The overlong *Transformers 3* is an improvement over the incomprehensible *Transformers 2*, which I'm still in therapy for, and the pokey original *Transformers*. This latest eruption qualifies for "most revived franchise" status, if only

because scripter Ehren Kruger, the guilty pen behind *Transformers 2*, has literally found the plot, any plot.

This one ludicrously connects the 1969 Apollo 11 moon landing with *Transformers* lore — Neil Armstrong and Buzz Aldrin secretly discover a smashed Autobots spaceship on the moon's dark side — but at least it's a conspiracy theory we can follow.

The lunar find leads to our sweaty teen hero Sam



Witwicky (Shia LaBeouf) being reluctantly dragged yet again into the Autobots vs. Decepticons fray. But at least he has a new girlfriend. She's feisty rich girl Carly, played by Rosie

Huntington-Whiteley, a former Victoria's Secret model. Carly easily fills the gap left by the departed Megan Fox, who was bounced for comparing Bay to Hitler.

● PETER HOWELL



E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemons death.

MJ's kids may take the stand

► Case into the death of the late singer is looming

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

• METRO



► Michael Jackson

AARON LAMBERT-POOL/GETTY IMAGES

The thong thing to say



► Jennifer Garner

Jennifer Garner's third pregnancy has led to some unfortunate fashion-related moments at home, she admits to Ellen DeGeneres, describing a bathroom run-in with her older daughter, Violet.

"So the other day ... (Violet) is in there with me and all of the sudden she went, 'Oh Mom, we have to have a talk,'" Garner remembers. "She said, 'Mom, your bottom has gotten so big that your panties don't even begin to cover it.'" Unfazed, Garner tried to explain things to her daughter. "I said, 'It's called a thong, you wear it when you're a grown up.' She was like, 'Uh, that is so gross!'"

• METRO

Talking points

Von D, James are 'off' again

BREAKUP. After breaking off their engagement over the summer and then reconciling a month later, Kat Von D and Jesse James have called it quits again.

"I am not in a relationship," Von D posted on her Facebook page. "And I apologize for all the 'back and forth' if it's caused any confusion."

As for other things the L.A. Ink star isn't doing, she added: "I am not in any way moving to Texas. I am not opening up another tattoo shop. And I am not leaving my shop here in Los Angeles, High Voltage Tattoo."

She's also not filming any more episodes of her series, which was recently cancelled.

• METRO



► Kat Von D

RAHAV SEGEV/GETTY IMAGES

Celebrity tweets



#India is beautiful, but some parts are very poverty stricken. Broke my heart to see babies sleeping on the streets
@ParisHilton



@RedHourBen

This is great I am actually losing followers. Lets get down to 1,000,000!



@Joan_Rivers
New York streets are a mess from all the damned moochers coming to the U.N. My middle finger is exhausted from flipping everyone off.



@ConanOBrien
You know you're getting older when you throw out your back while buttering scones.

Wills just can wait to be king

Prince William, who is second in line to the British throne, admits its current occupier shows no signs of stepping aside, according to the Daily Mail.

"We do hint at taking some things off her, but she won't have anything of it," he says of his 85-year-old grandmother, the Queen of England.

"She'll want to hand over knowing she's



Prince William

done everything she possibly could to help, and that she's got no regrets and no unfinished business."

As for his own future on the throne?

"As I'm flying along in my helicopter through the mountains of Wales, I try desperately hard not to think about it," says William, who is a rescue helicopter pilot.

"That can wait until I'm a bit older."

• METRO

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life

New study shows



1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. **METRO**



Is breastfeeding undermined when hospitals provide free formula?



► As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

► **New study shows links between serious mental illness in kids and vitamin D deficiency**



**CELIA
MILNE**
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith

Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in

healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for chil-

dren.

"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply,

and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."

Best Health Minute



**BONNIE MUN-
DAY, EDITOR-
IN-CHIEF,
BEST HEALTH
MAGAZINE**

The truth about colonics
Despite the cost of about \$100 per session, many people swear by colon hydrotherapy as a way to lose weight and be healthier. But as our writer, Lesley Young,

found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other routes, such as dietary changes, don't work.

Myth #2: "It helps you

lose weight. Any pounds that might be lost are gained back right after the procedure, as soon as you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria." There's a balance of good and bad bacteria in our colon, and a colonic re-

moves both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER

ASKCHARLES
THEBUTLER@
METRONEWS.CAFOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Mr. Butler,
I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties? Aron



► Don't forget: Etiquette is all about making others feel comfortable in social situations.

Dear Aron,

The custom of a gentleman standing every time a woman enters the room and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations. Remember that etiquette is all about making others feel comfortable in social situations. Therefore if a woman asks you to please stop

standing for her, I would respect her request. It also is neither necessary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests. Bravo for being a gentleman, and one thing I am absolutely sure about is that chivalry is not dead!

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

TIPS FOR A WINGMAN

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear column people, My best friend's a tool when it comes to women, and I really don't get it. We're both decent-looking guys with good jobs and lots of confidence. To top it off, he's probably seen every pick-up video out there, but when it comes to talking to women, he can't close the deal. He tells me to hold him accountable when it comes to getting numbers, and when we're on the way to a club he'll keep talking about how psyched he is and how he'll do this or that, but once we get there, he just stands around and getting him to approach a woman is almost impossible. Any suggestions?

Andrea: Dear BFF,
It sounds like you're a pretty good wingman.

Although holding him accountable, monitoring him, and pushing him can be helpful at first, continuously doing so will take away your effectiveness as a motivator.

Think about it: he keeps "failing" despite your pushing, and nothing happens.

Why should he change?

Try a different tactic: before going out, have him take out \$50 from his bank account and give it to you to hold on to (increase the amount if he's wealthy).

If he gets a number that night, he gets it back.

He does not get it back (don't spend it) until he gets a number. Call it a "date trust fund."

Paying him will be a positive association with

getting girls' numbers and inaction will cost him. Let me know how it goes!

Claire: Dear Wingman,

There is a funny phenomenon that says we often react in contrast to those around us — in other words, your confidence might actually bring out his lack of confidence. I'm not saying that's the cause of his un-Romeo-ness, but maybe it's time for another approach.

Maybe he should try dating online — it will give him more control over the situation.

He can keep things light for as long as he likes, and use online chatting and emails to get to know the woman he eventually chooses to meet.

It will allow him to build his confidence, which seems to be lacking. Good luck!

TWO SISTERS 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Beyoncé is not slowing down during pregnancy

Now that Beyoncé is pregnant, there are certain smells that turn her stomach.

"My nose, I smell everything from a mile away," Beyoncé said during an interview with The Associated Press while wearing a long, flowing purple dress, her baby bump showing.

"Usually it is food, it is



► Beyoncé

onions or something that I just can't tolerate."

Her new fragrance is not one of them. Last week, Beyoncé was busy promoting Pulse, her third scent.

For the creator of girl-power anthems like Single Ladies (Put a Ring on It) and Run the World (Girls), Pulse represents another extension of that theme.

Does pregnancy make you feel more empowered?

Absolutely. It is the most powerful creation for you to be able to have life growing inside of you. There is no bigger gift, nothing more empowering.

You have the fragrance, the clothing line, a husband, career and a baby on the way.

What is next on your bucket list?

Balance. I am still working on balance and still growing. I am starting my company, my label. I want to create a boy band. I want to continue to produce and do documentaries and music videos. I eventually want to start directing for other artists. Once I know that I

have my stuff together and I trust that, I can do it for other artists.

You are pregnant but work nonstop. How do you keep your energy up?

I think it is just passion. When you are excited about something, you don't have to think about your energy. **THE ASSOCIATED PRESS**

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PAUL MITCHELL

FOOD@METRONEWS.CA



Lunch at Thaifoon is sublimely charming. The service is prompt and courteous, the earthy style of the decor is beautiful, and the food is exotic and savoury.

Seated quickly on the long banquet, I am provided with an optimal view of the well decorated restaurant. Thai-inspired brick-work, bamboo and natural earthtones play up the meal's authenticity.

Our appetizers arrive quickly. Lemongrass Mussels (\$11) are steamed in a tasty green curry broth, soaking up a rich flavour.

Thaifoon Restaurant
120 Dundas St. (near Talbot)
519-850-1222
thaifoonrestaurant.com
Price Range: \$10-\$14
Reservations: No
Licensed: Yes
Rating: 4 out of 5

Vegetable Rolls (\$6) are crispy, the freshness punctuated by mint and an uncouthous peanut dip.

I "out-order" my guest. His Drunkard Noodles (\$11) are substantial, served in a gooey sweet sauce, accented by crunchy bean sprouts.

My Red Curry Chicken (\$11) has punch. Creamy coconut milk adds heat to the peppers, bamboo shoots and meat. My modestly sized plate provides great value.



► Red Curry Chicken (\$11)

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives
Column: *Negative news provides a drag on the market.*

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Almond Chocolate Chews

THE CANADIAN PRESS/HO

Ingredients:

- 500 ml (2 cups) butterscotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 1/2 cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)



Preparation:

- 1 In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.
- 2 Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water

gets into the bowl.

- 3 Drop teaspoonfuls onto wax paper-lined cookie sheet.
- 4 Refrigerate until set, about 30 minutes. Makes 3 dozen.

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ALMONDBOARD.COM

READY TO OWN?

FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



When I was 21 I bought my first house. I'd worked hard over years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc.

A person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of

buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income. If you've got other debts, your borrowing limit is reduced.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

Feeling squeezed? Buy a less expensive home. Better yet, wait it out. Economists continue to believe interest rates will remain low in the near future and home prices competitive, resulting in a 'buyer's market'.

While you wait, continue to save towards your down payment and live 'as if' you owned a home. This means adhering to a tight budget that resembles what you'll actually face when you're ready to buy.

Maritime. Matchup



► Jets forward Jim Slater, left, and Senators defenceman Eric Gryba clash in front of goaltender Alex Auld yesterday in St. John's.

THE CANADIAN PRESS

Jets burn Senators as NHL pre-season descends on St. John's

The Winnipeg Jets thrilled a capacity crowd in St. John's with a 3-1 pre-season win over the Ottawa Senators yesterday. Mark Scheifele and Troy Bodie scored a pair of unanswered goals in the second period for the Jets as the badly out-shot Senators struggled to respond. Ben Maxwell added the other goal for Winnipeg. Ottawa got on the board in the third period as Mika Zibanejad stuffed one in on Jets netminder Ondrej Pavelec.

Colts' QB crisis gets worse

► Indy owner denies Manning out for season ► Collins treated for injury

Peyton Manning is out, Kerry Collins is hurt and Curtis Painter isn't sure if he'll be starting next week.

It was another messy Monday in Indianapolis.

Less than 13 hours after a third straight loss, the Colts' quarterback carousel spun wildly — team officials denied a report Manning was lost for the season, declined to say

whether Collins had suffered a concussion and side-stepped the issue of adding another quarterback to the roster.

"It just depends on the situation and we'll address it as we go," coach Jim Caldwell said. "We have to look at all the possibilities, and it's our job to cover all those bases."

Manning is expected to miss at least five more

weeks and perhaps the season after having neck surgery Sept. 8, his third in 19 months.

Collins didn't talk to reporters yesterday because he was receiving injury treatment. Caldwell said Collins was forced out of Sunday night's game because of concussion-like symptoms and that he was still being evaluated. Collins also missed prac-

tice time last week with a sore throwing shoulder.

The only other quarterback on Indy's active roster is the tough-luck backup Painter who hasn't been told whether he'll get his first career start next Monday at Tampa Bay.

"I'm not sure," he said. "I'm sure we'll find out more in the next couple of days." **THE ASSOCIATED PRESS**

Irsay covers bases on Manning

Colts owner Jim Irsay reportedly told attendees at a private breakfast with Super Bowl donors yesterday morning that Peyton Manning would miss the rest of the season.

► A few hours later, Irsay wrote this on Twitter: "I didn't say Peyton out 4 season FOR SURE, keeping him on ActiveRoster n taking it month by month/Outside chance of return n Decem-ber possible."

Crosby continues to move toward contact

Sidney Crosby believes he is getting closer to being cleared for contact.

The Pittsburgh Penguins' star was pleased after going through another trouble-free practice yesterday, a day after taking part in a scrimmage in which hits were banned.

"Obviously, the more good days you have, the

"Right now I feel good. When it's ready to get to that point (contact), I want to make sure I'm comfortable and confident."

SIDNEY CROSBY

nearer you get, and, hopefully, we'll get there short-

ly," said Crosby, who is recovering from a concussion.

Crosby, who hasn't played since Jan. 5, has not yet been officially ruled out for the Oct. 6 opener at Vancouver. However, it seems highly unlikely he will be ready by then as he has yet to take part in any contact work. **THE CANADIAN PRESS**

Sports in brief

Lightning roster begins to take shape

NBL. The London Lightning have announced five players who will start the season on their National Basketball League of Canada roster.

Guard Brandon Dean from Monroe, La., point guard DeAnthony Bow-

den from Hammond, Ind., guard Eddie Smith from Springfield, Ill., forward Gabe Freeman from Southern Utah and first-round pick Tyrone Levett from Notasulga, Ala., will suit up for the Lightning when they take on Halifax in London Nov. 3.

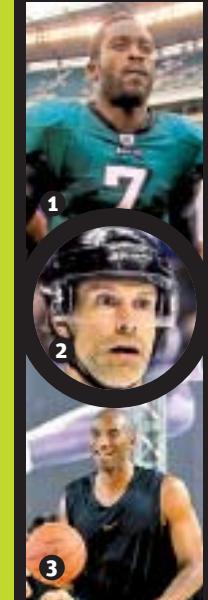
Season tickets are on sale at the John Labatt Centre box office or johnlabattcentre.com.

For more information on the London Lightning visit lightningbasketball.ca.

● METRO



Sports in brief



1 Philadelphia Eagles coach Andy Reid said yesterday that a CT scan showed Michael Vick's injured right hand is bruised, not broken, as originally thought.

THE ASSOCIATED PRESS

2 The New Jersey Devils announced Scott Niedermayer's No. 27 will be retired Dec. 16.

THE CANADIAN PRESS

3 Italian club Virtus Bologna has clarified that its top offer to Los Angeles Laker Kobe Bryant is a one-year, \$5 million US deal.

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Meetings & Reunions

Meetings & Reunions

NOTICE!
All Candidates Meeting and Healthcare Debate

London North-Center

Tuesday Sept 27, from 7:00pm-10:00pm

Doors Open at 06:00 pm

AB Lucas Secondary School 656 Tennent Ave

Moderated By: **Dr. W. Haddara**

Sponsored By: **Registered Nurses Association of Ontario,**
Ontario Nurses Association & London and Ontario Health Coalitions

Candidates from the Liberal, NDP, Green and Freedom parties will be attending to speak about what improvements to our health care system they can offer. We are asking what they will do to increase hospital beds, improve access to public (not for profit) long term care and home care services, stop hospital cuts and protect/improve the quality and equality of the public health care system.

For more information please contact:

Peter: 519-646-6000 Ext. 6522, Jeff: 519-473-6191, Shirley: 519-842-3498

Visit: www.votehealthontario.ca OHC Survey

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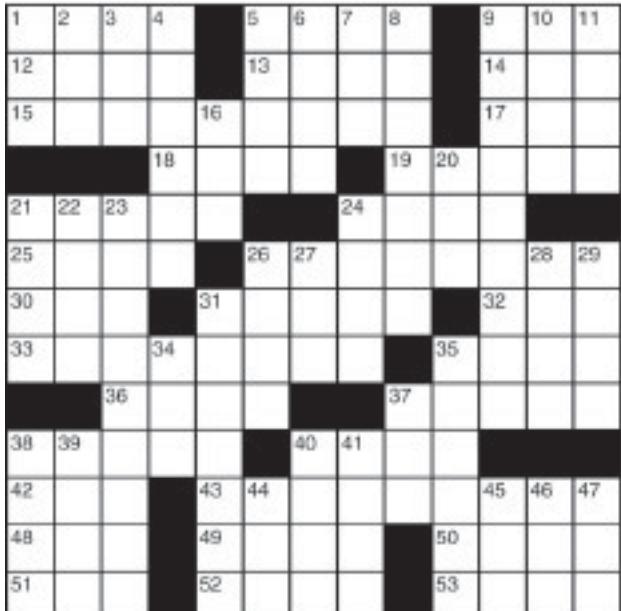
Crossword

Across

1 Sit and smile
5 Dandies
9 Cauldron
12 Windows alternative
13 Laugh-a-minute
14 Japanese sash
15 Stockholder's collection
17 Disembark
18 Tatters
19 Stylishly dressed
21 Settle a loan
24 Opulent
25 Love deity
26 They have lots to sell
30 Melody
31 Hackneyed
32 Allow
33 Went back over one's steps
35 Waiter's handout
36 Charged bits
37 Range rover?
38 Eighth Greek letter
40 Shipbuilding wood
42 Rowing need
43 Characterization
48 Hearty quaff
49 Ms. Brockovich
50 Comical Carvey
51 Two, in Tijuana
52 Old portico
53 "Agreed"

Down

1 Little pooh
2 John's Yoko
3 Knightly address
4 Crowd-scene actors
5 Kermit, for one
6 Artworks



7 Luau bowlful
8 Without expression
9 Ship's windows
10 Last writes?
11 Neat
16 Wray of "King Kong"
20 Performance
21 Caboose's place
22 A Great Lake
23 Doorway curtains
24 McNally's partner
26 Mythical birds
27 Before
28 Nevada city
29 Dazzle



Today's horoscope

Aries March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.

Taurus April 21-May 21 Try to take things a bit easier on the work front. Slow down.

Gemini May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.

Cancer June 22-July 22 If you can remember that some people are emotional and easily hurt then

you won't go far wrong today.

Leo July 23-Aug. 23 If you can get away from the daily grind you should do so.

Virgo Aug. 24-Sept. 22 Go with the flow and let events work themselves out in their own way and time.

Libra Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.

Scorpio Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

→ **Sagittarius** Nov. 23-Dec.

21 You will be amazed how easily and you get things done today.

→ **Capricorn** Dec. 22-Jan. 20

The best way to deal with your problems is to pretend they do not exist.

→ **Aquarius** Jan. 21-Feb. 18

Today's new moon in Libra makes this the ideal time to clarify your life goals.

→ **Pisces** Feb. 19-March 20.

What happens today will surprise you, especially if it involves someone you hardly know.

• SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



ANDY CARPENEAN/ THE ASSOCIATED PRESS

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Delivering Revenues to Ontario Families

\$1.1 billion in revenues to local municipalities and landowners expected over the 20-year lifespan of the projects.¹

Driving Investment into Ontario

\$8.5 billion in private sector investments between 2011 – 2018.¹

Providing an Affordable Choice

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Adam Kyle and
Mike Gallagher,
Workers at Wolfe
Island Wind Facility

WORKING FOR A STRONGER, CLEANER AND AFFORDABLE ENERGY SYSTEM

¹ *The Economic Impacts of the Wind Energy Sector in Ontario 2011 – 2018*, by ClearSky Advisors
http://www.canwea.ca/wind-energy/talkingaboutwind_e.php

² *Behind the Switch: Pricing Ontario Electricity Options*,
by the Pembina Institute
<http://www.pembina.org/media-release/2237>

